

Office of the Dean of Instructional Services

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Quick Study Guide

Topic: States of Consciousness Sleep Disorders

Related Course(s): Psych 1100

Sleep Disorders & Hypnosis Key Terms

Insomnia: difficulty falling and staying asleep

3 basic patterns of insomnia:

1. Initial problems falli 22ID 2xfffh0 G) JEQ 52 9 reW 12 fl 0 0 1 21905 183 fh0 G) JEQEMC P MCID SD